

Ask About Payment Options

If you do not have insurance, or the expected cost is more than you can manage, ask the program about financial assistance and other places to seek help.

Keep completed notes private. Use short notes in each box; continue on another copy or separate paper when needed. Save the completed PDF on your device and reopen it to check your notes before closing.

Words You Can Use

"I am looking for treatment and cannot afford the quoted amount. Do you offer payment assistance, a sliding fee or payment plans? If not, who could help me find another option?"

Who you spoke with

Program, date, contact name and how to reach them again.

Options they described

Assistance, payment schedule or referrals. Write down terms rather than assuming the offer applies.

What is needed to apply

Documents, application steps and any deadlines they give you.

What remains to be confirmed

Eligibility, amount, separate charges or a decision date.

Your next contact

Person or organization; what you will ask and when you plan to contact them.

One more place to ask

Local or state health departments may be able to point you toward treatment resources. NIAAA also describes options to ask about when paying for alcohol treatment. [1]

Sources

[1] NIAAA: Costs and insurance

<https://alcoholtreatment.niaaa.nih.gov/what-to-know/costs-and-insurance>

[2] NIAAA: Questions for treatment programs

<https://alcoholtreatment.niaaa.nih.gov/how-to-find-alcohol-treatment/10-questions-for-alcohol-treatment-programs>

[3] SAMHSA: Choosing quality treatment

<https://www.samhsa.gov/find-support/learn-about-treatment/finding-quality-treatment>